



Baked Chicken Rissoles

Description

Ingredients

1 pound ground chicken
1/2 cup breadcrumbs
1 small onion, finely chopped
2 cloves garlic, minced
1 medium carrot, grated
1/2 cup chopped fresh parsley
1 egg
1 teaspoon salt
1/2 teaspoon black pepper
1 teaspoon paprika
1 teaspoon dried oregano
Olive oil spray

Directions

Preheat your oven to 375°F (190°C) and line a baking sheet with parchment paper. In a large mixing bowl, combine the ground chicken, breadcrumbs, finely chopped onion, minced garlic, grated carrot, fresh parsley, and egg. Season the mixture with salt, black pepper, paprika, and dried oregano. Mix everything together until well combined. Form the mixture into small, round patties about the size of a golf ball and place them on the prepared baking sheet. Lightly spray the tops of the rissoles with olive oil. Bake in the preheated oven for 20-25 minutes, or until the rissoles are golden brown and cooked through. Serve hot with your favorite sides and enjoy!

Variations & Tips

If you're looking for a gluten-free option, you can use gluten-free breadcrumbs or even ground oats instead. You can also change up the herbs and spices to give these rissoles a different flavor profile – try adding some cumin and coriander for a Middle Eastern twist or some curry powder for a hint of Indian flavors. For an extra nutritional boost, you can mix in some finely chopped spinach or kale.

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1. Grandma Recipes

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